

# ORIENTEERING AT HAMLIN PARK



PARKS, RECREATION AND  
CULTURAL SERVICES

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Sponsored by Shoreline Parks, Recreation & Cultural  
Services and Cascade Orienteering Club.

Shoreline Parks, Recreation & Cultural Services  
17500 Midvale Avenue North  
Shoreline, WA 98133

For additional copies go to: [www.shorelinewa.gov/parks](http://www.shorelinewa.gov/parks)  
(206) 801-2600.

## **ORIENTEERING**

### **For Fun and Fitness**

Welcome to Hamlin Park! We hope you enjoy this Permanent Orienteering Course. This course was built Colby Cruz, Boy Scout Troop 309, as an Eagle Scout project. It is open to the public during regular park hours

Permanent Orienteering Courses are self-teaching courses developed and made popular in Scandinavia. Americans are discovering orienteering for its recreational and fitness values.

Hamlin Park's course is the first one of its kind in the Shoreline area. Please help us maintain a good course by reporting any damage or problems to the Park Manager or by calling the Shoreline Parks and Recreation Department at (206) 801-2600.

The Sport for a Lifetime.

**HAPPY ORIENTEERING**



## **What is Orienteering?**

Orienteering originated in Scandinavia around the beginning of the 1900s. Competitive events got under way in the ensuing decades. First done on cross-country skis, Orienteering was soon adapted to foot, which is now the most popular variety. Now there are also races on bicycles, horses, canoes, and more.

Orienteering involves the mind and the body. With the aid of a map and compass, you find your way on foot across the countryside from control to control. Your imagination and skills choose the best route. The course has red and white markers (controls) at the locations designated on your map. You visit each control and in sequence copy the letter on the post on a piece of paper. This verifies your completion of the course.

Orienteering courses are usually set in a pleasant forest environment and you set your own pace. You can treat orienteering as a highly competitive race of navigational skill and physical speed or as a hike through the woods with the added fun of finding the red and white controls. Everyone can enjoy orienteering.

Orienteering is usually an individual effort, but it is also common to see groups or families hiking around an orienteering course together. The skills learned can be used by hikers, backpackers, and hunters. Fitness and experiencing the outdoors come naturally with this sport.

## How to Use the Course

*The object of orienteering* is to find your way to the markers in the assigned order using the map. The enclosed map has the location of each marker circled and numbered in red. On the next page are more detailed clues.

**Suggested courses in Hamlin Park are:**

**Start and Finish are at the Picnic Shelter.**

**Easiest Course (0.85 Km)**

1 - 2 - 3 - 4 - 5

**Intermediate A Course (1.75 Km)**

6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 2 - 4

**Intermediate B Course (3.1 Km)**

6 - 14 - 15 - 3 - 16 - 10 - 11 - 17 - 18 -  
19 - 2 - 13 - 20

Distances for orienteering courses are measured direct from marker to marker. Therefore the actual distances for each course when trails are used will be longer than the distances indicated above.

*Try several courses or make your own courses by finding the markers in a different order.*

*You may use a magnetic compass to help relate the map to the objects in the park. Hold the compass above the map and simply turn the map until its magnetic north lines align with the compass needle. This is called orienting the map. See Line It! Dial It! Float It In!*

## Marker Locations

Each marker is a wood post with a painted white and red top. Painted on each post is the marker number and a single letter. More detailed descriptions of the locations of the markers are:

1	H	Trail Junction, NW Side
2	C	Knoll, S Side
3	T	Fence End, E Side
4	F	Trail End, S Side
5	I	Trail Junction, N Side
6	K	Trail End, W Side
7	N	Stump, N Side
8	A	Trail Junction, W Side
9	P	Knoll, NW Side
10	S	Trail Junction, N Side
11	D	Boulder
12	J	Trail Junction, S Side
13	R	Trail Junction, Between
14	L	Trail Junction, NE Side
15	G	Trail Junction, S Side
16	B	Trail Junction, W Side
17	U	Trail Junction, E Side
18	M	Depression, N Side
19	O	Knoll, Top
20	E	Trail Junction, SE Side

## Try Orienteering on Paper

Review the map below and read the comments to get an idea of what an orienteering course is like.

**POINT 1 (Bend in the trail):** The triangle marks the starting point. Follow the large trail the first fork. Turn right to the second fork and right again. Go down the trail to the sharp bend to find your first red and white control. You check your code and punch your card.

**POINT 2 (Hill):** Follow the trail South, go right at the junction, left at the second junction then set your compass to go from the cemetery to the hilltop.

**POINT 3 (Stream Junction):** Go North to the trail and West to the stream. You are upstream from your control. Follow the stream to the junction.

**POINT 4 (Large boulder, west side):** Follow the stream Southwest past 2 boulders. At the third boulder go East to the larger boulder.

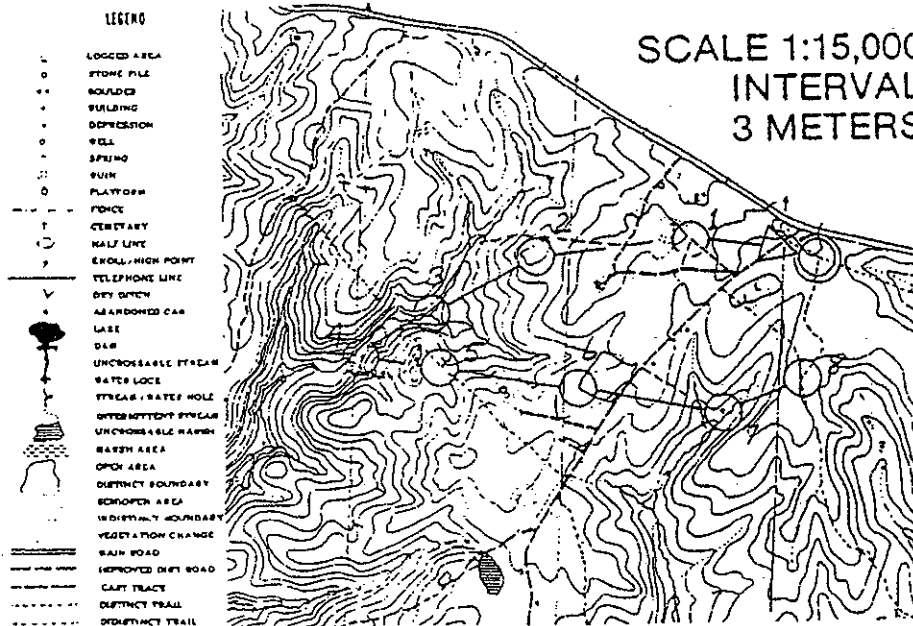
**POINT 5 (Fork in the ditch):** Directly South is a trail. Follow the trail uphill to the junction and turn right. After approximately 100 meters you will come to forked ditch.

**POINT 6 (Clearing West Corner):** Run around the trail to the clearing or set the compass and head directly to it. Route choice problems are the essence of orienteering. Trails can be run up to 50% faster than cross-country.

**POINT 7 (Knoll):** Cross the clearing to the large trail and go North to the junction, then follow the side trail to the end. Set your compass and note you cross a stream. The knoll is on the side of the spur above a second stream.

**POINT 8 (Trail Junction):** Set your compass to hit the trail South of the junction, that way you know your control is to your left and you can follow the trail to the junction.

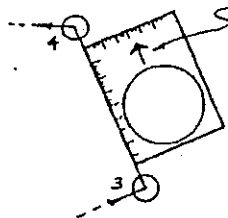
The finish is the double circle. Everyone checks in at the finish, as the meet organizer must account for all people who go out to insure everyone has a safe and enjoyable time. Compare your routes with others and pick up navigational tips while you make friends and enjoy the satisfaction of knowing you successfully completed your course.



## Line It! Dial It! Float It In!

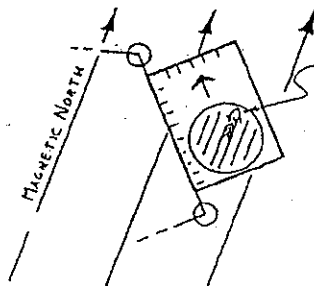
### LINE IT!

To get from Control Point 3 to C.P. 4, first LINE up a long edge of the compass with your LINE of travel. Be sure the "direction of travel" arrow out on the front of the compass base points the way you want to go.



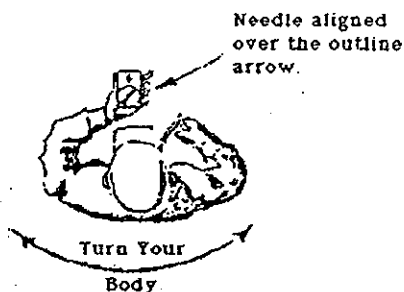
### DIAL IT!

Now hold the compass down with one hand and DIAL the round housing with the other hand until the outline arrow in the bottom of the round housing is parallel to and pointing in the same direction as the "Magnetic North" arrow on the map. Ignore the magnetic needle.



### FLOAT IT IN!

Pick up the compass and place it in your hand with the "direction of travel" arrow pointing away from you. Now turn your body and FLOAT the magnetic needle around until the red (north) half of the needle is directly over the hashed part of the outline arrow. You should not be facing C.P. 4. Sight down the "direction of travel" arrow for a landmark and take off.





Once you have completed your course we invite you to relax, perhaps have a picnic and ponder the beauty of these surroundings. We hope your stay has been a pleasant one. We look forward to your next return to Hamlin Park.

Current information about orienteering in the greater Seattle area:

<http://www.CascadeOC.org>

<http://www.pnwo.org>



**Parks, Recreation & Cultural Services**